

**County of Moore**  
**Department of Health**  
**705 Pinehurst Avenue • P.O. Box 279**  
**Carthage, North Carolina 28327**

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Director

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**Norovirus Cases in Moore County, North Carolina**

The Moore County Health Department is currently responding to an outbreak of norovirus. Noroviruses are very contagious and can spread easily from person to person. Anyone can become infected with these viruses. Norovirus cannot be treated with antibiotics because it is a virus, not a bacteria.

People infected with norovirus are contagious from the onset of symptoms until at least 48 hours after recovery. Food service workers should not prepare or handle food for two full days after recovery from any diarrheal disease. Symptomatic persons should also refrain from working with the young and the elderly and should not be involved in patient care until 48 hours after symptoms resolve. Children who are sick must not attend school or day care while ill and should not return to school or daycare until 48 hours after symptoms resolve.

Norovirus is a virus of the stomach that is transmitted by:

- Eating food or drinking liquids that are contaminated;
- Touching surfaces that are contaminated and then touching the hand to the mouth;
- Breathing aerosolized infected vomit;
- Not washing hands after using the bathroom or diapering; and
- Having direct contact with another person who is infected and showing symptoms.

Symptoms of norovirus usually develop 12 to 48 hours after exposure to the virus. The illness often begins suddenly and may include nausea, vomiting, non-bloody diarrhea, and stomach cramping. Some people will suffer from a low-grade fever, headache, muscle aches, and a general sense of tiredness. The illness is usually brief, with symptoms lasting only one to two days and rarely causing long term problems after recovery. Persons suffering from

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<http://www.moorecountync.gov/health/>

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norovirus run the risk of becoming dehydrated and should drink plenty of liquids to replace liquids lost during vomiting and from diarrhea.

To prevent further spread of norovirus:

- Wash hands with soap and water for at least 20 seconds, especially after toilet visits, changing diapers and preparing food and drink. Do not rely on alcohol-based hand sanitizers;
- Carefully wash fruits and vegetables;
- Thoroughly clean and disinfect contaminated surfaces, such as bathroom fixtures and toys, with a chlorine bleach-based cleaner; 1 2/3 cup chlorine bleach per gallon of water is recommended for disinfection of non-porous surfaces. NOTE: Do not mix ammonia or products containing ammonia with chlorine bleach;
- Immediately remove and wash clothing and linens with soap and hot water after being soiled; and
- Refrain from preparing food and drink or caring for others if you have diarrhea until at least 48 hours after your symptoms resolve.

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